



Human Resources Department
County of San Bernardino
157 W. Fifth Street
San Bernardino, CA 92415-0440



SAN BERNARDINO PREVENTING DIABETES SEMINAR

Diabetes is a chronic and potentially life-threatening condition that impacts almost every body part. Over 18 million people are estimated to have diabetes. Of those, approximately one third don't realize it! The Centers for Disease Control now predicts 48 million Americans will have diabetes by 2050. The good news is that type-2 diabetes is largely preventable and can be avoided by taking some simple steps.

This seminar will present information on reducing the risk factors linked to the onset of diabetes. Come explore options aimed at helping you make lifestyle changes in areas such as:

- Making healthy nutritional choices
- Increasing physical activity
- Managing stress

MARCH 25, 2008
9:00 a.m. to 11:00
or
1:00 p.m. to 3:00 p.m.
Department of Public Works
Conference Room
825 East Third Street
San Bernardino

Class Instructor: **Diana Rentz, RN**, has been a Registered Nurse for 15 years, and is a Case Manager/Educator **at Kaiser's** Fontana diabetes clinic in Preventive Medicine.

To reserve a time, contact Employee Health and Productivity, Iris Blom at (909) 387-1000 or Rebecca Aguilar at (909) 387-1091.

This wellness seminar may be attended on County regular time with your supervisor's approval. No Education Assistance Proposal (EAP) is required for this class.

For further information contact Debra Taylor, Wellness Coordinator, at (909) 387-1005.